Hand Washing

HPMC Occupational Medical Services

Objectives

- Why should you wash/clean your hands?
- When should you wash/clean your hands?
- What you should use?
- How should I wash my hands?



Why should you clean your hands?

 Keeping hands clean is one of the most important step we can take to avoid getting sick and spreading germs to others.



When should you clean your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



What should you use?

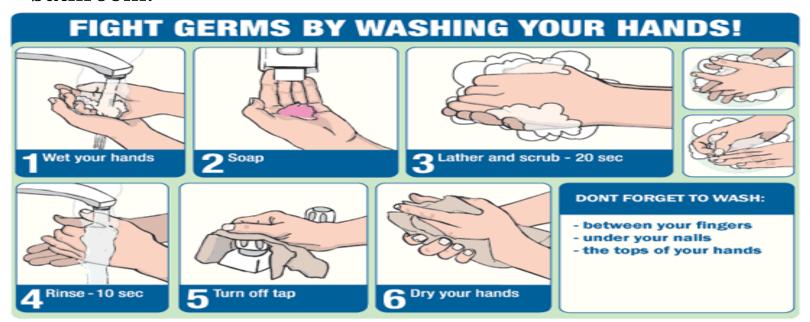
- Alcohol based hand sanitizer
- Plain soap
- Antimicrobial soap





How should you wash your hands?

- Wet hands with clean warm water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15 seconds.
- Rinse hands well under water.
- Dry your hands using a paper towel or air dryer.
- Use paper towel to turn off the faucet and open door when exiting bathroom.



For more information on Hand Washing

- http://www.cdc.gov/handwashing/
- http://www.cleanhandscoalition.org/



Hand Washing Map: Red areas are those that are most frequently missed when hand washing, purple less so.